

Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn the special characteristics of apples and plums: identify the part of a plant they come from.

Learn that apples and plums are colorful and easy to eat as snacks.

Supplies Needed

September Pick a **better** snack[™] and **Act** bingo card

3-4 different varieties of apples

Paper plates

Knife for cutting apples

Plums for sampling

"Apple Chronology – Applesauce" worksheet

"Foods That We Eat That Are Fruits" worksheet

Tasting Opportunities

Featured Fruits: Apple Plum

Background

Apples: There are about 2,500 known varieties of apples grown in the U.S. Thirty-six states in the US grow them commercially.

- Braeburn Available October through July
 High flavor impact. The crisp, aromatic Braeburn blends
 sweetness and tartness just right for snacks and salads.
 Its color varies from greenish-gold with red sections to
 nearly solid red.
- Fuji Available year round
 Its flavor improves with age. Fuji's, crisp sweetness makes it excellent as a snack or for applesauce. Fuji varies from yellow-green with red highlights to very red.
- Gala Available August through March
 Heart-shaped, distinctive yellow-orange skin with red
 striping. It has a crisp, sweet taste that can't be beat. It is
 the perfect take-along snack anytime. Great in salads.
- Golden & Red Delicious Available year round
 Golden's firm, white flesh retains its shape and rich,
 mellow flavor when baked or cooked, making it the
 preferred "all purpose" cooking apple. The skin is so
 tender and thin that it doesn't require peeling. The red is
 most popular for eating.
- Granny Smith Available year round
 Mouthwatering tartness. Bright green Granny with a pink
 blush has a crisp bite and a tangy flavor. Its tartness
 really comes through when baked and sautéed. Enjoy
 Granny Smiths as a snack or in a salad.
- McIntosh Available October through December
 McIntosh is juicy, slightly tart, yet very aromatic with
 white flesh and a rather tough skin that is two-toned red
 and green coloring. It's a favorite apple for eating, but is
 also widely used in salads, sauces, pies and is a
 mainstay in fresh cider.



Plums - There are more than 140 varieties of plums sold in the United States. The plum is a drupe—a pitted fruit—related to the nectarine, peach, and apricot, but the plum is far more diverse than its relatives, coming in a wider range of shapes, sizes and especially skin colors. Its flavors also vary from extremely sweet to quite tart. Some plum varieties are specifically bred so that they can be dried and still retain their sweetness, and these are used for prunes (The Wellness Encyclopedia of Food and Nutrition). Plums are a good source of vitamin C.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov

Do the Activity: 2nd & 3rd Grade

Review the 5 color groups for fruits and vegetables – blue/purple; green; white or tan/brown; yellow/orange; red

Apples fit into several color groups, can you name them? If you eat the skin, an apple could be in the red, yellow/orange, and green color groups.

What color group would the plum be in? A plum would be in the blue/purple color group

A plant makes flowers to produce seeds. When the flowers die, you may see a fruit, a pod, or a cluster of seeds in the same place the flower was. Fruits contain seeds that start from the flower part of a plant. Fruits are colorful, quick, easy and nutritious snacks.

2nd Grade

Discuss the stages of making apple sauce.

The sentences are listed in chronological order on the "Apple Chronology--Applesauce" worksheet. Cut the sentences into strips. Have the students put them in chronological order.

3rd Grade

Hand out and have the students complete the worksheet "Foods That We Eat That Are Fruits"

OR

Have students think of as many fruits as they can and list them on the board. What color group(s) do they belong to?





September Activity - Grade 2-3

FOCUS ON FRUITS



Talk It Over:

What are the vegetables on the September Pick a **better** snack[™] and **Act** bingo card? *Zucchini, tomato (lettuce salad and frozen vegetables could include a variety of vegetables)*

What color groups are the zucchini and tomato in? *Zucchini* – *green*; *tomato* – *red*

Besides zucchini and tomato, what other fruits and vegetables could you add to a lettuce salad to make sure you were eating from each of the remaining three color groups? Accept all answers from the blue/purple; white or tan/brown; yellow/orange color groups.

What are some of your favorite frozen vegetables from each of the five color groups? *Make sure all five color groups are represented--blue/purple; green; white or tan/brown; yellow/orange; red*

Apply:

Plums are good snacks from the blue/purple color group. What are some other snacks that you could eat at home that are blue or purple? *Blueberries, grapes, raisins.*

Ask the students what are some different forms of apples they can eat at home? *fresh, dried, applesauce*. Talk about how fruits are good to eat for snacks, for dessert, or at meals.

We need to eat fruits every day. Apples and plums are the fruits featured on the September Pick a **better** snack[™] & **Act** bingo card. Fruits are convenient – all you need to do to get apples and plums ready to eat for snacks is to **Wash. Bite.** (**How easy is that?**)



Tasting
Opportunity

Cut several different varieties of apples into 4 or 16 cuts, depending on the size of the group. Make the slices as even as possible.

Mix up all of the slices and put them on a plate. Have the students take an apple slice and without talking, look at its shape, color and texture. Then have them search for others who have slices that match theirs. Remind the students to only touch their own slice. The search continues until they find enough matching slices to make a whole apple. Have students eat the apple slices. Talk about how the apples taste and their texture (soft, crunchy, crisp, etc.).

Wash and cut the plums for the students to sample.







They can then put an "X" through the bingo square of the fruit that they sampled.

On the back of the Pick a **better** snack[™] and **Act** bingo card for each month, there is information for their parents and grandparents. Send the bingo card home and have the students ask their family to pick out a snack idea to try at home.

Extend the Activity



Art, Music & PE

Students design a poster promoting their favorite variety of apple. As a challenge, they may also want to come up with a catchy slogan!

Write an acrostic poem

P – pitted fruit P – purple

L-U-U -M -M -

graph for favorite apple varieties.

S – sweet S – stone in the middle

Students write a persuasive paragraph on why their apple variety of choice is the best.

Teacher and students conduct a survey, and then create a bar

Use activities from Apple Fractions by Jerry Pallotta.

Cut two apples in half. Pour one tablespoon of lemon juice over the first half; water over the 2nd half; apple juice over the 3rd half and nothing over the 4th half. Have students observe

the differences in browning or oxidation after one hour.

Research to locate states that produce the most plums or apples. Write questions using directional words. What part of the USA is the state of Washington in? (NW) If you flew from Washington state to Iowa, which direction would you go?

(SE). Students use maps of the USA.



Language Arts & Reading

Math

Science & Health

Social Studies

Apple Chronology - Applesauce

Page **4** of **7**

Mount the sentences on tag board, cut them apart and let the children place them in the correct order.







The apples are picked off the tree.			
We wash the apples.			
We peel the apples.			
The apples are cut into chunks.			
We put the chunks into a pan.			
We add some water to the apples in the pan.			
We put the pan on the stove.			
The apples begin to get soft.			
The apples get mushy.			
We take the pan off the stove and let the applesauce cool.			
We eat the applesauce.			
Reproduced from <u>www.nyapplecountry.com</u>			

Iowa Nutrition Network





Foods That We Eat That Are Fruits

A plant makes flowers to produce seeds. When the flowers die, you may see a fruit, a pod, or a cluster of seeds in the same place the flower was. Fruits contain seeds that start from the flower part of a plant. Fruits are colorful, quick, easy and nutritious snacks.

Can you unscramble the fruits in the list below? Write the name of the color group that the fruit is in next to the word (Blue/Purple; Green; White or Tan/Brown; Yellow/Orange; Red)

	Unscrambled Fruit Name	Color Group	Word Bank
1. dre papel			banana cherries
2. sericrhe			 grapes honeydew melor
3. pagser			_ kiwi mango orange
4. nabnaa			brown pear pineapple
5. ikwi			plumred apple
6. arpsrisbere			_ raspberries
7. worbn epar			_
8. pepalinpe			_
9. mupl			_
10. ergnao			_
11. olenm wyehndoe			_
12. gonma			_
			_







Foods That We Eat That Are Fruits Answer Key

A plant makes flowers to produce seeds. When the flowers die, you may see a fruit, a pod, or a cluster of seeds in the same place the flower was. Fruits contain seeds that start from the flower part of a plant. Fruits are colorful, quick, easy and nutritious snacks.

Can you unscramble the fruits in the list below? Write the name of the color group that the fruit is in next to the word (Blue/Purple; Green; White or Tan/Brown; Yellow/Orange; Red)

	Unscrambled Fruit Name	Color Group	Word Bank
1. dre papel	Red apple	Red	banana cherries
2. sericrhe	Cherries	Red	- grapes honeydew melon kiwi
3. pagser	Grapes	Blue/purple	mango orange
4. nabnaa	Banana	White or Tan/Brown	brown pear pineapple plum
5. ikwi	Kiwi	Green	red apple raspberries
6. arpsrisbere	Raspberries	Red	
7. worbn epar	Brown Pear	White or Tan/Brown	_
8. pepalinpe	Pineapple	Yellow/orange	
9. mupl	Plum	Blue/purple	_
10. ergnao	Orange	Yellow/orange	_
11. olenm wyehndoe	honeydew melon	Green	_
12. gonma	Mango	Yellow/orange	-



